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Jul 18th, 10:30 AM - 11:30 AM

# Teaching Healthy Romantic Relationships: An exploration of institutional strategies and assessment methods

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**ASACCU 2019**  
**Program proposal**  
**Taking Flight: Developing Leaders for the Common Good**

**Primary Presenter**

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**Session title**

Teaching healthy romantic relationships: An exploration of institutional strategies and assessment methods

**Description**

A comprehensive education consists of enlightening the mind, building the character and teaching traditional-age undergraduate students to make sound, healthy, romantic relationship decisions. However, at many higher education institutions, a major shift has occurred regarding this type of education. Cognition has taken precedence over character formation, and what once was a seamless connection between the two values is no longer a priority. Currently, one of the many issues facing administrators at institutions of higher education is student decision making about healthy romantic relationships. Therefore, this session will share strategies currently employed at Catholic colleges in the Northeast to teach traditional-age undergraduate college students about healthy romantic relationships.

**Connection to conference theme**

Given the plethora of developmental issues, it is not surprising that teaching healthy romantic relationships is often not emphasized as strongly at higher education institutions in comparison to other important issues. However, because of the importance and prevalence of romantic relationships and the fact that establishing stable romantic relationships is also a developmental issue, educating students about healthy romantic relationships should be a focus of administrators and faculty. Having clear strategies that teach healthy romantic relationship characteristics for students will develop knowledge and interpersonal skills that improve their chances of experiencing positive relationships as well as help them benefit from the learning opportunities inherent in such relationships. Further, having clear teaching strategies and curricula can help students learn the interpersonal skills and self-confidence necessary to identify and remove themselves from unhealthy romantic relationships.

## **Promotion of the "Principles of Good Practice for Student Affairs at Catholic Colleges and Universities"**

This session connects to Principle 5: *Challenges students to high standards of personal behavior and responsibility through the formation of character and virtues*. Given the lack of focus by many colleges and universities in teaching traditional age undergraduate students healthy romantic relationships, it is essential that administrators and faculty see this form of education as part of their roles. There are many issues facing administrators and faculty at institutions of higher education, one of which involves preparing their students to meet the challenges of the world beyond college by developing them as whole persons. Developing students as whole persons involves: a) being aware of different learning styles; b) encouraging students to relate academic material to their lives outside the classroom; c) facilitating reflective thinking and writing; d) taking into account the diversity of student ethnic, cultural, and religious backgrounds; and e) addressing the emotional dimensions of student learning. One area of preparation involves educating their traditional-age undergraduate students about healthy romantic relationships

### **Presentation outline, format and method of delivery (up to 150 words)**

A portion of the session will be a PowerPoint presentation of the presenters' dissertation findings. The remainder of the session will feature participant and presenter discussions

### **Intended audience**

All

### **Presentation requirements**

Computer and LCD projector

Lecture style